



GROUP SESSION LEADER'S GUIDE – 2013 NUTRITION RISK CRITERIA UPDATE

Session Focus:

Target Audience: WIC staff performing nutrition risk assessments (RDs, CAs)

Session Goal: United States Department of Agriculture (USDA) Food & Nutrition Services (FNS) has updated four existing nutrition risk criteria for implementation during 2013. This in-service will enhance understanding of the conditions addressed by these updates which go into effect in Idaho on October 1, 2013:

- 353 Food Allergy
- 354 Celiac Disease
- 355 Lactose Intolerance
- 401 Failure to Meet Dietary Guidelines for Americans

In addition, Idaho WIC will be adding a new nutrition risk criterion Oct. 1, 2013:

- 356 Hypoglycemia

There will also be brief clarification about two other risk criteria:

- 371 Maternal Smoking
- 904 Exposure to Environmental Tobacco Smoke

Key Content Points:

- Point 1: Identify key updates to four WIC nutrition risk criteria.
- Point 2: Develop understanding of a new nutrition risk criterion.
- Point 3: Review clarification for two existing nutrition risk criteria.

Session Objectives: By the end of the session staff will be able to...

- Objective 1: Describe the difference between food allergy and food intolerance.
- Objective 2: State the basic characteristics of a gluten free and lactose free diet.
- Objective 3: Correctly assign Failure to Meet Dietary Guidelines for Americans.
- Objective 4: Identify possible conditions that might trigger hypoglycemia and discuss general nutrition guidance.

Session Planning:

Materials: In-service CD with -

- Staff handout for each risk (4 revised risks, 1 new risk), *Check Your Knowledge* handout
- Group Session Leader's Guide, power-point presentation, *Check Your Knowledge* answer key
- For leader reference: complete nutrition risk criteria as they will appear in Idaho WIC Policy Manual; RD referral tables; WIC Nutrition Risk Q & A on eCigarettes; Allergy Advice for Kids website links

Preparation Needed:

- Participate in the NEAT train-the-trainer conference call July 11, 2:00 – 3:30 pm MT. Call in number 888-706-6468, participant code 811393.
- Review materials in advance of the group training session.

Session Outline:

Facilitator notes – (total time needed about 75 minutes)

Time:	Learning activity - Key Open Ended Questions – Important concepts to cover:	Objective covered:
5 min. Slides 1-2 Slide 3 Slide 4 Slide 5	<p>Opening the session: USDA FNS has updated four existing nutrition risk criteria for implementation during 2013. In Idaho, we will implement these updates October 1, 2013:</p> <ul style="list-style-type: none"> • 353 Food Allergy • 354 Celiac Disease • 355 Lactose Intolerance • 401 Failure to Meet Dietary Guidelines for Americans <p>Updates include: Changes -</p> <ul style="list-style-type: none"> • A new section “Implications for WIC Nutrition Services” was added for each risk. This section outlines relevant nutrition education counseling guidance. Note this is the same format as was used with the revised risk criteria last year. • Definitions, justifications and references were all expanded <p>No Changes to –</p> <ul style="list-style-type: none"> • Risk numbers and titles • Risk priority • Assessment • RD referrals • Why/how staff manually assign these risks in WISPr <p>The updates are intended to increase understanding of the conditions addressed by these four risks so risk assignment will be accurate; not to change the process for assigning them.</p>	
5 min. Slide 6	<p>Warm Up Activity:</p> <ul style="list-style-type: none"> • <i>Discuss the plan for completing the in-service: will review the handout for each risk and consider the discussion questions together.</i> • <i>Why is it helpful to review nutrition risk criteria periodically?</i> (It helps staff stay updated regarding new information related to health conditions. It helps staff assign risks correctly and provide relevant nutrition education.) 	
10 min. Slide 7 Slide 8 Slide 9	<p>Activity 1: Review and discuss orange handout for Risk 353 Food Allergy</p> <ul style="list-style-type: none"> • <i>What is the main difference between a food intolerance and food allergy?</i> (A food allergy is the body’s immune system reacting to exposure to a specific food; food intolerances don’t involve the immune system.) • <i>How are food allergies diagnosed?</i> By a physical and medical history exam and one or more types of allergy testing (skin prick test, atopy patch test, allergen-specific serum IgE, food elimination diet or oral food challenge). • <i>Why are some infant formulas less allergenic than others?</i> (Because some formulas have potential allergens removed and/or are partially-digested. An RD can determine which formula is most appropriate for an infant with allergy concerns who is formula feeding.) • <i>Highlight key points on the handout (Implications for WIC).</i> 	1

<p>10 min. Slide 10</p> <p>Activity 2: Review and discuss green handout for Risk 354 Celiac Disease</p> <ul style="list-style-type: none"> Which WIC foods are gluten free? (Of the grain foods: corn tortillas, rice, General Mills Rice Chex cereal and infant rice cereal. Even though corn by itself contains no gluten, most brands of corn cereals contain a form of barley malt sweetener/flavoring which contains gluten. All other non-grain WIC foods are also gluten free.) <p>Slide 11</p> <ul style="list-style-type: none"> Why wouldn't all participants who are on a gluten free diet qualify for this risk? (Because some people following a gluten free diet have never been diagnosed by a physician, or someone working under a physician's orders, with Celiac Disease – also known as Celiac Sprue, Gluten-sensitive Enteropathy, and Non-tropical Sprue) Highlight key points on the handout (Implications for WIC Nutrition Services) 		2
<p>10 min. Slide 12</p> <p>Activity 3: Review and discuss blue handout for Risk 355 Lactose Intolerance</p> <ul style="list-style-type: none"> How could lactose intolerance affect an individual's nutrient intake? (Because many people with lactose intolerance avoid most or all dairy products which can impact intake of key nutrients - especially calcium, vitamin D and protein.) <p>Slide 13</p> <ul style="list-style-type: none"> Which WIC foods are lactose reduced or lactose free? (Dairy products are the only foods containing lactose. Lactose reduced/free WIC products include store brands of lactose free milk, Lactaid milk, Acidophilus milk, and contract formula Similac Sensitive. Soy milks and contract formula Enfamil ProSobee contain no dairy products/lactose.) Highlight key points on the handout (Implications for WIC Nutrition Services). 		2
<p>10 min. Slide 14</p> <p>Activity 4: Review and discuss purple handout for Risk 401 Failure to Meet Dietary Guidelines for Americans</p> <ul style="list-style-type: none"> Why would it be appropriate to complete the entire WISPr nutrition assessment before assigning this risk? (Because Risk 401 can only be used when no other risk criteria have been identified for the participant.) <p>Slide 15</p> <ul style="list-style-type: none"> What is the rationale for being able to assign Risk 401 when no other risks apply? (Nearly all U.S. women and children consume fewer than the recommended number of servings from one or more of the basic food groups specified by the Dietary Guidelines for Americans and are therefore at dietary risk.) Highlight key points on the handout (Implications for WIC Nutrition Services). 		3
<p>15 min. Slide 16</p> <p>New risk criterion 356 Hypoglycemia Hypoglycemia is defined as low blood sugar. It's considered a symptom, not a disease.</p> <p>Slide 17</p> <p>356 applies to all participant categories, requires MD diagnosis, is manually assigned by staff, and doesn't require an RD referral. See the Note on the handout indicating where to document the diagnosis in WISPr (i.e. "participant self-report of MD diagnosis" or "written documentation by physician of diagnosis"). Any medical risk criteria assigned needs the MD diagnosis documented in WISPr.</p> <p>Slide 18</p> <ul style="list-style-type: none"> What are some possible conditions that might trigger hypoglycemia? 		4

<p>Slide 19</p>	<p>(Diabetes, reactive hypoglycemia, medical disorders, small for gestational age infants, early pregnancy, prolonged fasting, and long periods of exercise. Reactive hypoglycemia is low blood sugar that occurs after eating a high carbohydrate meal/snack that triggers an excessive release of insulin in the body.)</p> <ul style="list-style-type: none"> • <i>What type of nutrition information might you discuss with a woman who has been diagnosed with hypoglycemia?</i> (help her with planning balanced nutritious meals such as using the My Plate model and healthy snacks) • <i>Highlight key points on handout (Implications for WIC Nutrition Services).</i> 	
<p>5 min.</p> <p>Slide 20</p>	<p>Activity 6: Discuss clarification information</p> <p>USDA has clarified that use of electronic cigarettes doesn't currently qualify for risk 371 Maternal Smoking or Risk 904 Exposure to Environmental Tobacco Smoke.</p> <p>This is because the safety of e-cigarettes hasn't been fully studied. When that information becomes available to USDA (not sure when that will be), the risk implications will be determined.</p> <p>In the meantime, USDA encourages staff to advise participants (who use or are considering using e-cigarettes) that e-cigarettes haven't been proven safe. There's potential exposure to harmful/addictive chemicals.</p>	
<p>10 to 15 min.</p> <p>Slide 21</p>	<p>Closing the session:</p> <p>The greater our understanding of WIC nutrition risk criteria, the easier and more accurate our assessment and assignment of these risk factors will be.</p> <p>Are there any questions?</p> <p>Thank you for participating today. If you have more questions come up later, check with an RD, your Coordinator or the State Office.</p> <p>(Use the <i>Check Your Knowledge</i> handout either as a group, or have staff complete it individually, to assess their knowledge about assigning the nutrition risk criteria correctly.)</p>	

Facilitator review:

How well did the session support certifier understanding of the updated risk criteria?

What suggestions do you have for the state office regarding future Nutrition Risk Criteria training and related materials?